

Garlic Herb Cod

Baked garlic crusted cod with fresh pineapple and mango salsa, served with wild rice pilaf and vegetable medley.



WIMS CODE # 23034

Allergens: Egg, fish, milk, soy, wheat

Garlic Herb Cod with Rice Pilaf And Vegetables	
Nutrition Facts	
Serving size 1 meal (352 g)	
Servings per container 1	
Amount per serving	
Calories 580	
Calories from fat 120	
	% Daily Value *
Total fat 13 g	20%
Saturated fat 2 g	10%
Trans fat 0 g	
Cholesterol 55 mg	19%
Sodium 1550 mg	65%
Total carbohydrates 87 g	29%
Dietary fiber 5 g	18%
Sugars 10 g	
Protein 16 g	
Vitamin A 30%	• Vitamin C 30%
Calcium 20%	• Iron 25%
* % Daily Values are based on a 2000 calorie diet.	
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